

## NURSING CARE PLAN FOR MALNUTRITION CHILD

| Assessment   | Nursing Diagnosis   | Goal/Expected Outcome   | Intervention/Planning   | Implementation   | Rationale  | Evaluation  |
|--|---|---|---|--|--|---|
| Child shows weight loss, stunted growth, and decreased muscle mass; caregiver reports inadequate food intake.  | Imbalanced Nutrition: Less Than Body Requirements related to insufficient intake as evidenced by weight loss and stunted growth.  | Child will gain weight and show improved growth parameters within 6 weeks.  | Develop a high-calorie, nutrient-dense diet plan in collaboration with a dietitian; administer supplements as prescribed. | Implement the meal plan and monitor daily intake; schedule weekly weight measurements.   | Improved nutrition supports growth, energy, and immune function. | Weight gain observed; growth parameters align with age norms. |
| Child exhibits frequent infections and poor wound healing; lab results show low hemoglobin and albumin levels. | Risk for Infection related to compromised immune function from malnutrition as evidenced by frequent infections and lab findings. | Child will remain free from new infections as evidenced by stable vital signs and normal lab values within 4 weeks. | Educate caregivers on proper hygiene and infection prevention; ensure vaccination schedules are up-to-date.               | Reinforce handwashing practices; coordinate with healthcare providers for immunizations. | Strengthening immunity reduces infection risk.                   | No new infections; lab values normalize.                      |
| Child demonstrates   | Delayed Development   | Child will demonstrate  | Provide caregiver education on  | Conduct educational  | Proper nutrition and   | Improvement in developmental                                  |

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| developmental delays and poor motor skills; caregiver is uncertain about feeding practices.                | related to nutritional deficiency and caregiver knowledge deficit as evidenced by developmental delays.                                     | age-appropriate developmental milestones within 8 weeks; caregiver will verbalize proper feeding techniques within 24 hours. | responsive feeding and developmental stimulation activities; schedule developmental assessments. | sessions using visual aids; engage child in play-based activities.                             | stimulation promote healthy development.                       | assessments; caregiver reports increased confidence.                       |
| Caregiver reports difficulty managing feeding routines; child becomes irritable and fatigued during meals. | Ineffective Health Maintenance related to caregiver knowledge deficit as evidenced by inconsistent feeding routines and child irritability. | Caregiver will demonstrate effective feeding routines and report reduced child irritability within 48 hours.                 | Teach structured feeding routines and portion control; provide written guidelines and resources. | Hold a one-on-one training session with the caregiver; follow up with phone calls for support. | Consistent routines improve nutrient intake and reduce stress. | Caregiver demonstrates proper feeding routine; reduced irritability noted. |
| Child presents with signs of dehydration and fatigue; physical exam shows dry                              | Risk for Dehydration related to inadequate fluid intake secondary to malnutrition   | Child will maintain adequate hydration with normal skin turgor and   | Monitor fluid intake; encourage regular hydration with water and nutrient-rich fluids;           | Document fluid intake/output; instruct caregiver on hydration techniques.                      | Adequate hydration is essential for metabolism                 | Improved hydration status; clinical signs of                               |

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| <b>mucous membranes.</b> | <b>as evidenced by dry mucous membranes and fatigue.</b> | <b>improved energy levels within 72 hours.</b> | <b>educate caregiver on fluid needs.</b> |  | <b>and overall health.</b> | <b>dehydration resolved.</b> |
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